**Saturday April 26, 2025**

Bulmer Telecommunications Center, HVCC 80 Vandenburgh Ave., Troy NY 12180

**8:00-8:30a.m. Registration/Vendor and Resource Fair**

**8:30-9:00a.m**. **Welcome and Introductions \*\* All presentations held in auditorium**

**9:00-9:50a.m. Opening: I Am Enough, BUT a Little Help Couldn’t Hurt**

An introduction to the Capital Region Caregiver Coalition, our members and the immense support that we can provide. By providing an overview of the many services present, this session will give participants the framework you need to make the most out of today! **F**acilitated by the Workshop Committee.

**9:50-10:40a.m. Workshop # 1:**

**Finding Your Inner Strength: You ARE Enough**

Being a caregiver is isolating and puts us in a vulnerable position that we didn’t ask for! Hear from a panel of caregivers who will share their experiences from beginning to end of the caregiving journey. They will provide insights to what helps them to find their inner strength and what resources they utilized to make the journey more manageable.  Presented by: Emily Stockman, Melissa Blok, Jenn Harvey, facilitated by Melonie Pratt.

**10:40-11:20a.m. Vendor Information and Resource Fair**

**11:20-12:10p.m. Workshop # 2:**

**I Am Not Alone: Help for My Current and Future Self**

Caring for a loved one brings to light the parts of our life that we may not have planned for or expected. This session reminds us that as you travel this road as “caregiver,” you are not alone. Not only that, but you are learning and growing so that you can take better care of yourself if/when the time comes that *you* are the person in need of care. Speakers will explore practical ways that you can advocate for yourself and your loved one as you navigate this chapter of life. Presented by: Kym Hance and Mary Moller

**12:10-12:45p.m. Closing:** **Burnt to a Crisp: Understanding the Reality of Compassion Fatigue**

No matter how many skills and strategies you have, being a caregiver is bound to wear you out at one point or another. This session will focus on a unique source of caregiver burnout called *compassion fatigue.* Learn how to identify it, combat it and be kind to yourself when you hit that proverbial wall! Leave this session with one last reminder that you are enough AND you are not alone! Presented by: Christina Vendetti.

**12:45p.m. Conclusion and Gift Giveaways *(must be present to win)***